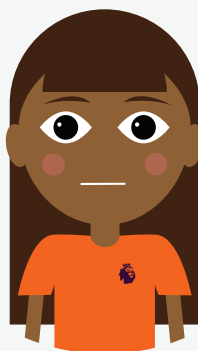


Take-home activity: **My week of feelings****Instructions**

1. **Write or draw one thing you could do each day** to help your mind and body feel good. At the end of the day, revisit your goal and see if you achieved it.

**Physical activity****Sleep****Healthy food and drink****Talking****Learning new skills****Breathing****Setting a goal**

2. Then, use the chart to **write or draw how you are feeling each day** in the morning, afternoon and evening.

**happy****neutral****sad**

3. At the end of the week have a look at the first column and see what you managed to achieve. Was there anything you did really well, or anything you didn't do? What could you do better next week? **Write your thoughts in the Reflection box.**



1. What could I do to help my mind and body feel good today?

2. I am feeling...




Day	Morning	Afternoon	Evening
Monday 			
Tuesday 			
Wednesday 			
Thursday 			
Friday 			
Saturday 			
Sunday 			




Take-home activity: **My week of feelings**

3. Reflection box

What I did well



What I could do better next week



Notes for parents

This week, your child has been thinking about their feelings and emotions, and the things they can do which can help their minds and bodies feel their best. They have been asked to keep a week's diary of their feelings and emotions, and to make a note of the things they could do to help their mind and body stay healthy. Children will self-reflect and see if they can achieve their goals.

My week of feelings

Children can write down the name of a feeling, or draw a picture of themselves in the spaces. Doing this in the morning, afternoon and evening will help them see that feelings can change throughout the day, and that not so good feelings don't last forever.

Encourage them to name their feelings if they can, and to talk about why they might be feeling that way at those particular times. This helps them use a wide vocabulary for their emotions, and recognise how different things or events might affect their mood.

In addition, children have been learning about different things that can help people's mind and body feel their best: activity, sleep, healthy food and drink, communicating with others, trying something new, breathing and goal-setting. Encourage them to talk about which of these things (or anything else) they might have done to help themselves feel good each day.